



Hart County High School



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

3

10

Poppyseed Chicken- Roll
 Chef Salad
 Green Beans
 Cream Potatoes
 Garden Salad
 2- Fruits

17

MLK DAY

24

National Compliment Day
 BBQ on Bun
 Chef Salad
 Baked Beans
 Coleslaw
 2-Fruits

31

Chicken Alfredo-2 Garlic Toast
 Chef Salad
 Steamed Broccoli
 Sweet Tater Tots
 2-Fruits

TUESDAY

4

11

National Milk Day
 Walking Beef Tacos-Chips
 Parfait w Granola Bar
 Refried Beans
 Buttery Corn
 2- Fruits **COOKIE**

18

Philly Steak and Cheese Hoagie
 Smoothie w Granola Bar
 Black Beans
 Garden Salad
 2- Fruits

25

Beef Cheese Nachos
 Parfait w Granola Bar
 Chili Beans
 Garden Salad
 2-Fruits
RICE KRISPIE TREAT

WEDNESDAY

5

12

Grilled Cheese and
 Chicken Noodle Soup
 Chef Salad
 Glazed Carrots
 Broccoli Dippers
 2- Fruits

19

Chicken Bites-Roll
 Chef Salad
 Glazed Carrots
 Cream Potatoes
 2-Fruits
POPCORN

26

Oven Fried Chicken-Roll
 Chef Salad
 Baked Potato
 Steamed Broccoli
 2-Fruits

Smuckers PBJ
 Uncrustables are available
 daily upon request! (As
 long as supplies last)

THURSDAY

6

Chicken Nuggets-Roll
 Smoothie w Granola Bar
 Fries
 Glazed Carrots
 2-Fruits

13

Bird Dog on Bun
 Parfait w Granola Bar
 Fries
 Carrots Dippers
 2- Fruits

20

National Cheese Lover's Day
 Taco Mac n Cheese-Roll
 Smoothie w Granola Bar
 Steamed Cheesy Broccoli
 Buttery Corn
 2-Fruits

27

TSO Chicken-Roll
 Parfait w Granola Bar
 Cali Veggies
 Carrot Dippers
 2-Fruits



FRIDAY

7

BBQ on Bun
 Chef Salad
 Buttery Corn
 Cucumber Dippers
 2-Fruits

14

Hot Dog w/Chili
 Chef Salad
 Baked Beans
 Coleslaw
 2- Fruits

21

Bulldog Burger -Cheese
 Chef Salad
 Tater Tots
 Lettuce-Tomato
 2-Fruits

28

Spicy Chicken Sandwich
 Chef Salad
 Lettuce-Tomato
 Mixed Veggies
 2-Fruits

